We claim:

1. A water-dispersible, freeze-dried bioavailable coenzyme Q-10/cyclodextrin complex.

2. The complex of claim 1, wherein the molar ratio of cyclodextrin to coenzyme Q-10 rages from about 0.5:1 to 10:1.

3. The complex of claim 2, wherein said molar ratio ranges from about 1:1 to 2:1.

4. The complex of claim 1, wherein said cyclodextrin is one or more of β–cyclodextrin or γ-cyclodextrin.

5. The complex of claim 5, which formulated into one or more of a topical preparation, a sublingual formulation, or for oral ingestion.

6. A method for making a water-dispersible complex, which comprises the steps of:
   (a) preparing an aqueous slurry of a coenzyme Q-10/cyclodextrin complex; and
   (b) drying by one or more of spray drying, vacuum-drying, or freeze drying, said aqueous slurry to produce said complex.

7. The method of claim 6, wherein the molar ratio of cyclodextrin to coenzyme Q-10 rages from about 0.5:1 to 10:1.

8. The method of claim 7, wherein said molar ratio ranges from about 1:1 to 2:1.

9. The method of claim 6, wherein said cyclodextrin is one or more of β–cyclodextrin or γ-cyclodextrin.

10. A method for treating an animal with a bioavailable coenzyme Q-10 complex, which comprises the steps of:

(a) preparing a water-dispersible coenzyme Q-10/cyclodextrin complex; and

(b) administering said complex to an animal.

11. The method of claim 10, wherein said animal is a human.

12. The method of claim 10, wherein said complex is ingested by said animal.

13. The method of claim 10, wherein the molar ratio of cyclodextrin to coenzyme Q-10 rages from about 0.5:1 to 10:1.

14. The method of claim 13, wherein said molar ratio ranges from about 1:1 to 2:1.

15. The method of claim 10, wherein said cyclodextrin is one or more of β–cyclodextrin or γ-cyclodextrin.

16. The method of claim 10, wherein said complex is prepared by freeze-drying.

17. The method of claim 13, wherein said complex is prepared by freeze-drying.

18. The method of claim 17, wherein said cyclodextrin is one or more of β–cyclodextrin or γ-cyclodextrin.

19. The method of claim 10, which formulated into one or more of a topical preparation, a sublingual formulation, or for oral ingestion.

20. The method of claim 17, wherein said cyclodextrin is one or more of β–cyclodextrin or γ-cyclodextrin.